



TEXAS DEPARTMENT OF HEALTH  
AUSTIN TEXAS  
INTER-OFFICE

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Barbara Keir, Director (Original Signed)  
Division of Public Health Nutrition and Education  
Bureau of Nutrition Services

**DATE:** December 12, 2002

**SUBJECT:** New Infant Feeding Lesson IF-000-16

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This memo contains information about a new infant feeding lesson. The lesson and video will be mailed to local agencies within the next few weeks. Please share this information with your nutrition education coordinator.

- ***Baby's First Spoonful: Tips for Starting Solids***; produced by Lemon-Aid Films, Inc.; available in English and Spanish; stock no. VC7581; approximately 11 minutes - This video will be sent along with the accompanying lesson IF-000-16, *Baby's First Spoonful: Tips for Starting Solids*.
- **IF-000-16, *Baby's First Spoonful: Tips for Starting Solids*** - This lesson covers the basics of introducing solid foods including, developmental signs of readiness for solid foods, handling allergies, when to introduce new foods and the importance of iron.

If you have questions or require additional information, please contact Elaine Goodson, Special Projects Nutritionist, at (512) 458-7111, extension 3467 or [elaine.goodson@tdh.state.tx.us](mailto:elaine.goodson@tdh.state.tx.us) or Mary Van Eck, Manager, Nutrition Education and Breastfeeding Promotion, Bureau of Nutrition Services, at (512) 458-7111, extension 3484 or [mary.vaneck@tdh.state.tx.us](mailto:mary.vaneck@tdh.state.tx.us).